



Stuffed Banana Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 12 bacon
- ☐ 6 large pepperoncini peppers
- ☐ 0.5 small bell pepper diced green
- ☐ 1 jalapeno diced
- ☐ 1 medium onion diced
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded

☐ 1 small tomatoes diced

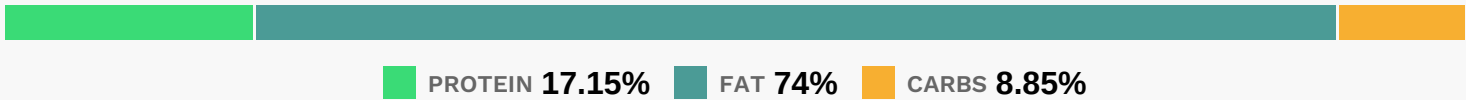
Equipment

☐ broiler pan

Directions

- ☐ Cut a slit lengthwise in each banana pepper, cutting to, but not through, other side.
- ☐ Remove seeds.
- ☐ Combine cheese and next 6 ingredients. Spoon mixture evenly into each pepper, and wrap each with 2 bacon slices; secure with wooden picks.
- ☐ Place peppers on a rack in a broiler pan.
- ☐ Broil 5 1/2 inches from heat 4 to 5 minutes on each side or until golden.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:11.944782619891%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 277.52kcal (13.88%), Fat: 23.04g (35.45%), Saturated Fat: 9.87g (61.7%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 3.78g (1.37%), Sugar: 2.26g (2.51%), Cholesterol: 50.13mg (16.71%), Sodium: 448.83mg (19.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.03%), Vitamin C: 54.89mg (66.53%), Calcium: 215.09mg (21.51%), Selenium: 14.9µg (21.29%), Phosphorus: 203.51mg (20.35%), Vitamin B6: 0.35mg (17.58%), Vitamin A: 618.7IU (12.37%), Vitamin B2: 0.19mg (11.21%), Vitamin B3: 2.17mg (10.84%), Zinc: 1.62mg (10.81%), Vitamin B1: 0.16mg (10.58%), Fiber: 2.42g (9.67%), Potassium: 291.06mg (8.32%), Vitamin B12: 0.47µg (7.76%), Vitamin K: 7.69µg (7.33%), Folate: 27.52µg (6.88%), Magnesium: 24.58mg (6.15%), Vitamin E: 0.89mg (5.91%), Manganese: 0.1mg (5.24%), Vitamin B5: 0.49mg (4.87%), Copper: 0.09mg (4.62%), Iron: 0.52mg (2.9%), Vitamin D: 0.3µg

(2.01%)